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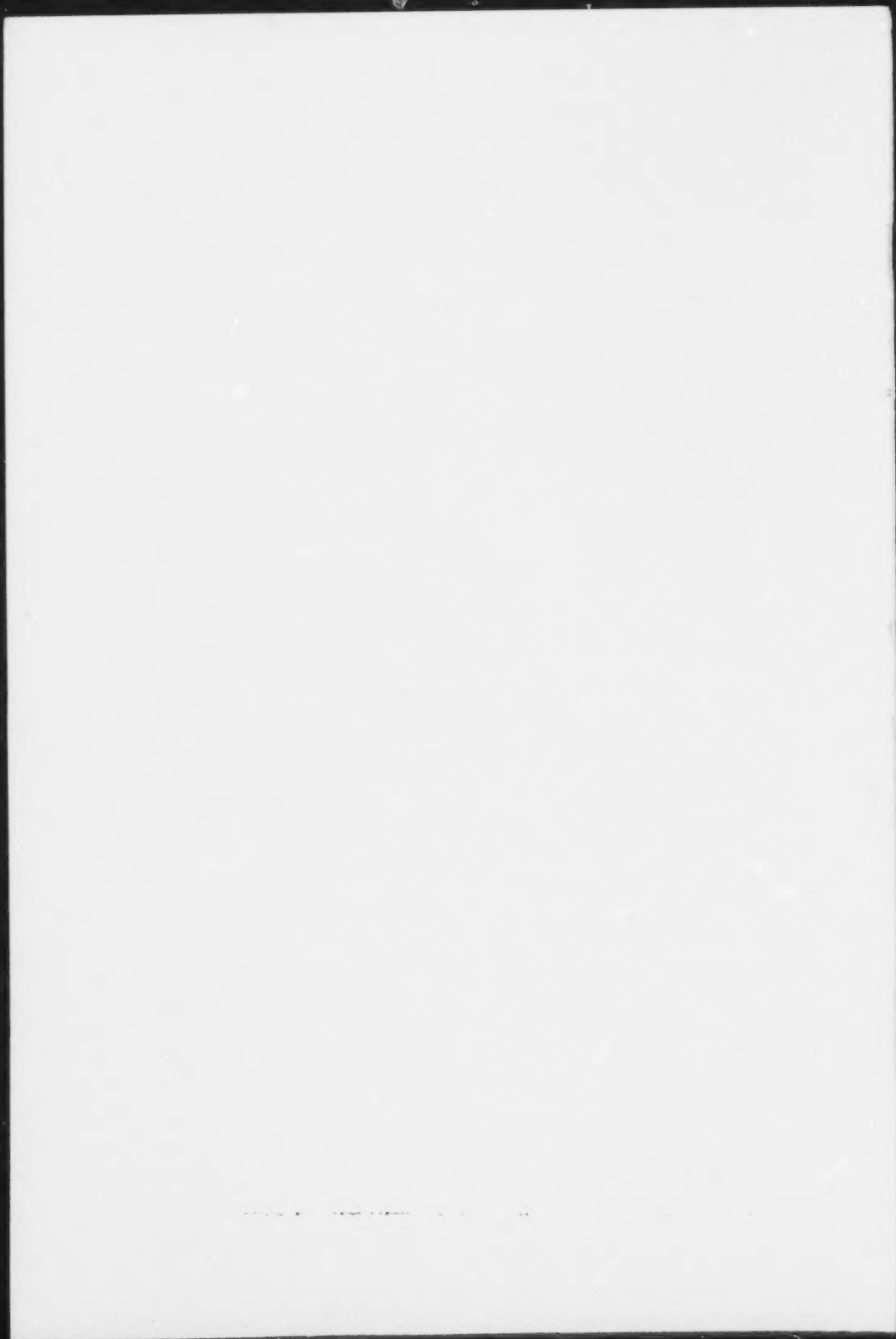
Annual Report
OF THE
Nova Scotia
Alcoholism Research Foundation



1966

QUEEN'S PRINTER





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THE HONOURABLE RICHARD A. DONAHOE, LL.B., Q.C.,
Minister of Public Health.

Sir:

I beg to offer herewith the Report of the Alcoholism Research
Foundation for the year 1966.

Respectfully submitted,

CHARLES M. HARLOW,
Chairman.



To His Honour,

THE HONOURABLE H. P. MacKEEN, C.D., Q.C.,

Lieutenant Governor of Nova Scotia.

Sir:

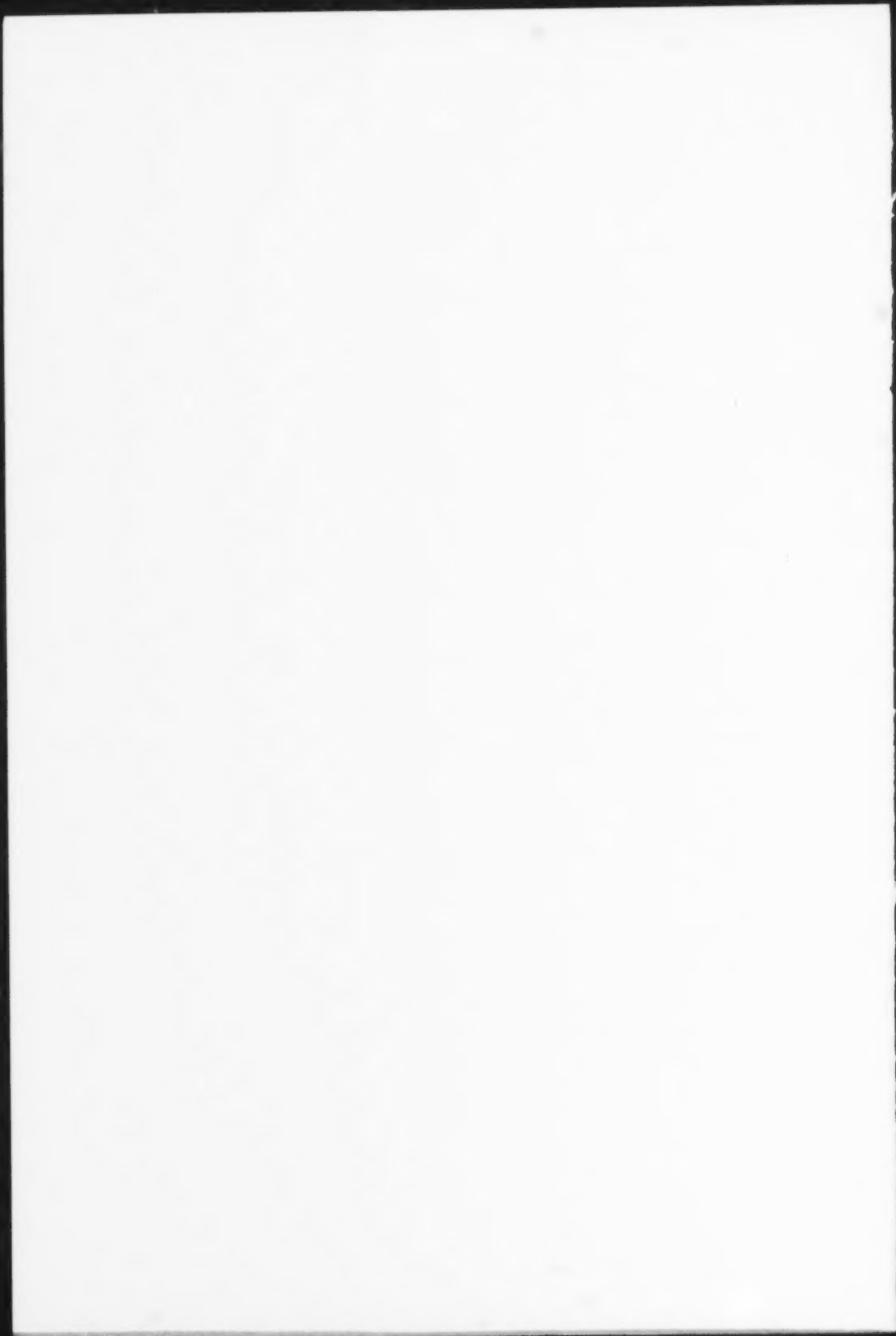
I beg to present herewith the report of the Nova Scotia
Alcoholism Research Foundation.

I have the honour to be,

Sir,

Your most obedient servant,

RICHARD A. DONAHOE,
Minister of Public Health.



**NOVA SCOTIA ALCOHOLISM RESEARCH
FOUNDATION—1966**

MEMBERS:

Arthur Kelsall, B.S.A., F.C.I.C., F.A.I.C., D.C.L.,
Annapolis Royal Chairman
(Resigned June 8, 1966)

Charles M. Harlow, C.D., B.Sc., Ph.D., M.D., C.M., D.Sc.,
Halifax Chairman
(Appointed December 20, 1966)

M. Grace Wambolt, B.A., LL.B., Q.C.,
* Halifax Vice-Chairman

Austin Churchill, Esq.,
Yarmouth

Leo C. Hogan, Lt.-Colonel,
Halifax (Appointed December 20, 1966)

Angus Norman MacDonald, B.A.,
Glace Bay

Raymond H. MacFarlane, B.A., B.D., S.T.M.,
Bedford

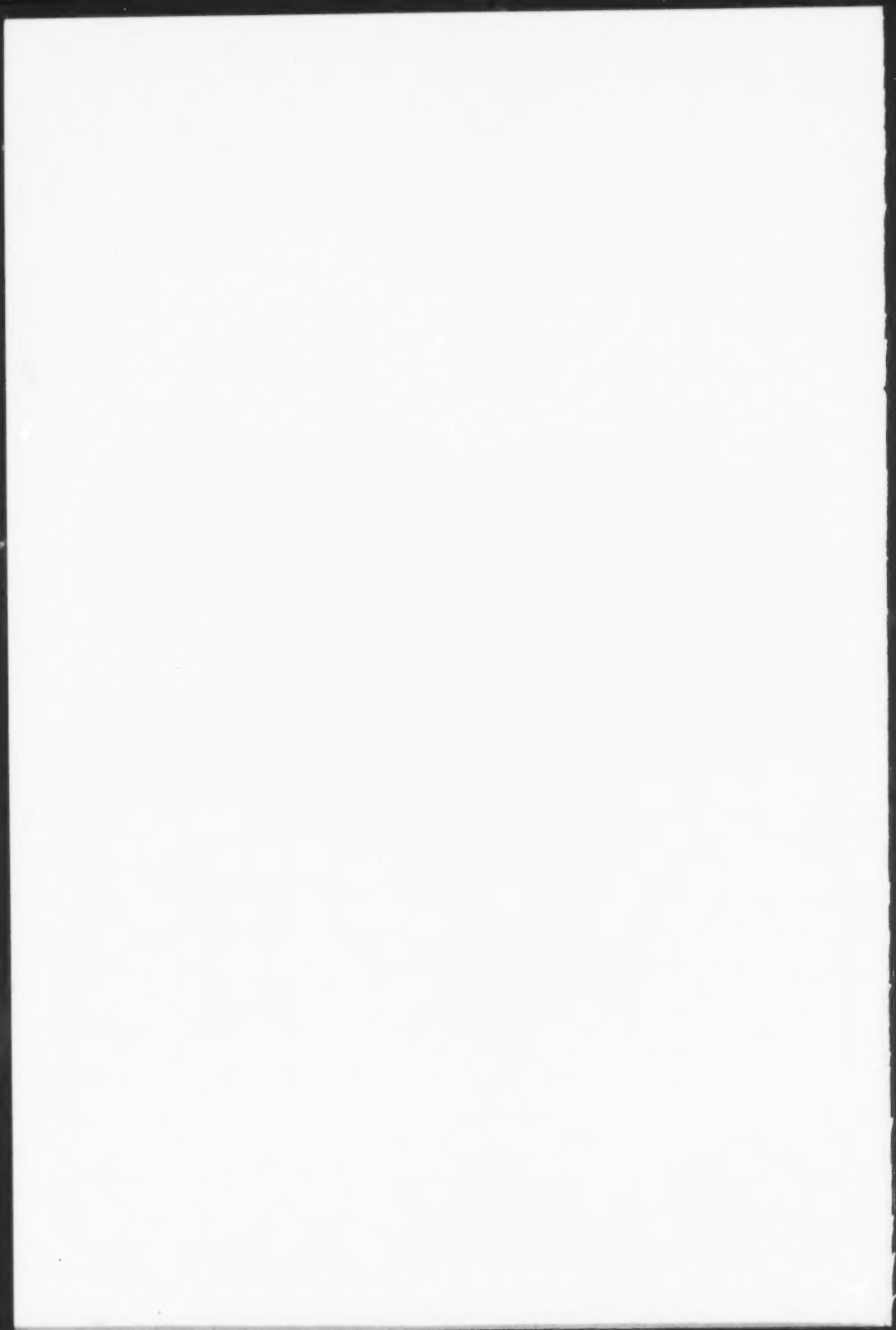
Mrs. John W. MacLeod, R.N.,
New Glasgow

Clyde S. Marshall, M.D., C.M.,
Halifax

Perry Ronayne, Esq.,
Dartmouth (Appointment expired September 18, 1966)

Harold L. Scammell, M.D., C.M.,
Halifax

Bruce H. Wallace, B.A., R.O.,
Dartmouth (Appointment expired September 18, 1966)



STAFF MEMBERS:

J. Murray Snow, M.Sc., M.D., C.M.,
Halifax..... Executive Director

Margaret M. Caswell, (Mrs.), R.S.W.,
Halifax..... Social Worker

Madeline E. O'Sullivan, (Mrs.),
Halifax..... Welfare Officer

Diana M. Rudolph,
Halifax..... Secretary

Hugh M. Scott,
Amherst..... Field Representative (Casual)

James H. Brown, M.B., Ch.B., D.P.M., M.R.C.P.,
Halifax..... Consultant in Psychiatry

Harold L. Scammell, M.D., C.M.,
Halifax..... Consultant in Alcoholism

MEDICAL ADVISORY COMMITTEE

Robert C. Dickson, O.B.E., M.D., F.R.C.P., F.A.C.P.,
Halifax

F. Murray Fraser, M.D., C.M.,
Halifax

Robert O. Jones, B.Sc., M.D., C.M., F.A.P.A.,
Halifax

NOVA SCOTIA ALCOHOLISM RESEARCH FOUNDATION

The Nova Scotia Alcoholism Research Foundation has undergone some change with regard to the composition of its membership during the year 1966. The Chairman, Doctor Arthur Kelsall, resigned in June for reasons of ill health. His resignation was accepted with regret, since Doctor Kelsall had been appointed Chairman of the original Nova Scotia Alcoholism Research Commission in 1959 and had served as Chairman of the Foundation since the Commission had been transformed in 1962. His contributions to the development of a provincial alcoholism program were of great value and deeply appreciated by the other Foundation Members.

Doctor C. M. Harlow of Halifax was duly appointed to be Member and Chairman of the Nova Scotia Alcoholism Research Foundation. Doctor Harlow served as an officer with the Royal Canadian Navy during World War II and since then has been Director of Laboratories at the Department of Veterans' Affairs, Camp Hill Hospital, in Halifax. He has an impressive academic and professional background and has actively participated in the work of the Canadian Cancer Society, the Canadian Heart Foundation, and the Saint John Ambulance Association, as well as being on the teaching staff of the Faculty of Medicine at Dalhousie University. The Alcoholism Research Foundation is indeed fortunate to have the services of such an outstanding individual for the position of Chairman.

Mr. Leo C. Hogan, a leading business man in the City of Halifax, was appointed as a new Member of the Nova Scotia Alcoholism Research Foundation. With the re-appointment of seven of the previous Members, the Foundation now has a complement of nine.

The broad program of the Foundation in Research, Education, Treatment and Rehabilitation has been continued and further developed during the year and there has accordingly been an increased recognition of Nova Scotia's government-sponsored alcoholism program.

RESEARCH

During 1965 a major extra-mural research project had been initiated under the direction of Doctor Robert C. Dickson, Professor of Medicine at Dalhousie University and Head of the Department of Medicine of the Victoria General Hospital. The project, entitled "Histochemical Studies in Liver Cirrhosis", has been continued throughout the year 1966 and is expected to extend into the coming year.

Another research project is being carried out by Doctor W. K. Caird of the Department of Psychology at Dalhousie University. This project is entitled "An Investigation of the Effects of Alcohol on Human Learning".

The Alcoholism Research Foundation expects to continue the policy of financing appropriate research projects on an extra-mural basis in Nova Scotia Universities.

EDUCATION

The Foundation's educational efforts during the year have included the field program of community organization, public relations and industrial contacts as well as educational efforts directed toward special groups whose fields of activity bring them in close contact with persons afflicted by the problem of alcoholism.

Community Organization

The initial plans of the Foundation in this field were to encourage the development of Local Committees on Alcoholism in the major population areas of the Province. As a first step in this direction, the Field Representative has organized Study Groups in six areas of Nova Scotia. These Study Groups are comprised of interested individuals, usually no more than ten in number, who represent various disciplines and, hence, a cross-section of their community.

For the most part these members have spent this year in studying and discussing among themselves current approaches to the disease of alcoholism, in seeking ways and means of creat-

ing an awareness of alcoholism as a community problem, and in giving serious consideration to a course of community action in future.

Table I indicates the geographical locations of the Study Groups organized thus far and shows the extent of their participation through scheduled meetings.

TABLE I

Study Group Location	No. of Meetings	Average Attendance
Sydney.....	23	11
Antigonish.....	20	8
New Glasgow.....	11	8
Middleton.....	15	7
Yarmouth.....	7	7
Digby.....	4	6
Total.....	80	8

The Foundation, through its Field Representative, has supplied the initiative for organizing these Study Groups and has provided them with a wide assortment of publications to use as background information for their deliberations. It will be noted from the Table that 80 Study Group meetings were held during the year with the Field Representative attending 66, or 82 per cent of these. Meetings are usually an hour and a half in duration and are held at either monthly or semi-monthly intervals. The Foundation hopes to organize additional study groups in other areas of the Province, since it is of the opinion that well-organized groups, when they eventually reach the Local Committee stage, can perform a valuable community service. Once these groups have had an opportunity for sufficient study and discussion, they should be in a position to carry out educational programs at the local level. In this way it is hoped that they will assist in removing the stigma surrounding alcoholism and bring about a desirable change in attitude toward this disease among both professional and lay persons. As a result of these educational efforts, we might expect that more persons suffering from the disease will seek help and that treatment will be more readily available from existing community resources. From a long range viewpoint it would also be hoped that the greater pub-

lic knowledge and awareness of the disease will function as an effective means of prevention.

Industry

Initial attempts have been carried out to encourage industry to recognize the existence and extent of the alcoholism problem and eventually to establish some definite course of action to deal effectively with the problem. The Field Representative conferred with the management of four industrial plants during the year and also addressed a personnel association representing several industrial organizations. Considerable interest has been shown by some industries but a great deal more educational groundwork must be carried out before effective action can be achieved.

Public Relations

The public relations efforts of the Foundation in various provincial communities have been primarily the responsibility of the Field Representative, whereas similar efforts in the Metropolitan Halifax-Dartmouth area have been carried out by the Executive Director or designated members of the Clinic staff. In this way the Foundation staff have presented talks to approximately 20 groups during the year including service clubs, Alcoholics Anonymous groups, temperance groups, welfare organizations, home and school associations, youth organizations and high school students. The speakers have always been warmly received by these various groups and the questions and discussions of the audience have indicated a definite and increasing interest on the part of the public in the topic. On some occasions there has been press coverage and editorial comment which serves a useful function in acquainting an inestimable number of people with the Foundation's efforts.

Special Groups

The Foundation has continued to receive many requests for lectures from groups who are directly concerned with the problem of alcoholism and whose fields of work bring them in close contact with the alcoholic. These requests are usually met by the Executive Director or a member of his clinical staff and, in some of the more remote areas, by the Field Representative.

These have included medical personnel, public health nurses, graduate nurses associations, student nurses, students in the fields of sociology and psychology, provincial magistrates, the Clinical Pastoral Training Course at the Nova Scotia Hospital, social workers, and others.

Summer School Scholarships

The annual budget of the Nova Scotia Alcoholism Research Foundation had included funds which may be utilized in providing scholarships of the value of \$500 each for attendance at the Rutgers Summer School of Alcohol Studies in New Jersey. These scholarships had originally been intended for school teachers but the Foundation had decided to extend their availability to include anyone in the broad field of social welfare or persons associated with local Study Groups or industry.

Scholarships were this year granted to two individuals, one of whom was an officer of the Family Court in Sydney, and the other a clergyman in Yarmouth. Both of these individuals had been participating in the Study Groups in their respective areas and on return from the Summer School expressed the opinion that it had been an extremely worthwhile endeavour and that they found the training received there would be of definite benefit in their respective areas of work.

The Foundation would anticipate more qualified applicants next year and would be prepared to send a larger number to this specialized training course.

Staff Education

Since we are comparatively isolated from other areas conducting similar programs, it is considered most important that the Foundation staff attend conferences, seminars, or appropriate courses in alcoholism or in their respective fields of training. The Executive Director, Doctor Snow, and the Social Worker, Mrs. Caswell, along with Doctor Scammell, the Consultant in Alcoholism, attended the First Canadian Conference on Alcoholism held in Toronto in March, 1966, under the auspices of the Canadian Foundation on Alcoholism. The Executive Director participated in his personal continuing medical education program

by attending the Annual Dalhousie Medical Refresher Course in November. The Social Worker, Mrs. Caswell, and the Welfare Officer, Mrs. O'Sullivan, attended a local Welfare Conference in May. In June Mrs. O'Sullivan also attended the concentrated two-week Ontario Summer School of Alcohol Studies held at the University of Waterloo under the sponsorship of the Alcoholism and Drug Addiction Research Foundation of Ontario. A symposium on the Chronic Drunkenness Offender held at Saint John, New Brunswick, sponsored by the Alcohol Education Division of the New Brunswick Department of Health, was attended by Mrs. O'Sullivan.

Treatment and Rehabilitation

The Out-Patient Alcoholism Pilot Clinic in Halifax has now been in operation for three successive years. During this period it has assisted a steadily increasing number of persons suffering from alcoholism and totalling 373 registered patients. In addition to these registered patients and their families there have been counselling services available to families of individuals suffering from the disease who have not yet reached the point of accepting help. As is to be expected in programs of this nature, and as exemplified elsewhere, the rate of growth of the Clinic case load is showing a degree of stabilization. This indicates that we have reached an appreciable percentage of the treatment inclined alcoholic population.

The Executive Director has continued to serve as Clinic Physician and Counsellor in addition to his administrative duties. The Clinic Social Worker, Mrs. Margaret Caswell, has continued as a full-time employee throughout the year. Mrs. Madeline O'Sullivan, who had been working on a part-time basis as Family Counsellor at the Clinic for the past two years, was taken on staff on a full-time basis with a classification of Welfare Officer. With a proposed addition to the clerical staff, the present treatment personnel can cope comfortably with the case load and it would be expected that this satisfactory situation will continue for the coming year.

The services of the consultant staff of the Clinic in the fields of alcoholism and psychiatry have been utilized by the Clinic staff as required.

During the third year of operation of the out-patient clinic, 150 patients have been registered for treatment. The breakdown of this group according to sex and source of referral is shown in Table II with figures for the year 1965 shown for comparative purposes.

TABLE II

	1965	1966
Total Patients Treated.....	176	247
New Patients Registered.....	135	150
Male.....	110	132
Female.....	25	18

Sources of Referral

Self, Family and Friends.....	23	28
Alcoholics Anonymous.....	21	25
Nova Scotia Hospital.....	32	23
Social Agencies.....	8	21
Clinic Patients.....	21	12
Physicians.....	6	12
Court and Probation Services.....	7	11
General Hospitals.....	14	7
Clergy.....	2	6
Civil Service and Industry.....	1	5

We can note a definite change in the pattern of sources of referral during the past year. It is gratifying to see that an appreciable number of patients come as either self-referrals or at the suggestion of their family and friends. The two other key sources of referral continue to be Alcoholics Anonymous and the Nova Scotia Hospital. Patient referrals by social agencies have shown a definite increase which can be attributed to improved liaison between these agencies and the Clinic staff. The number of patients referred by physicians has also increased but we would expect that with further educational efforts, many more patients would be referred in future by members of the medical profession and general hospitals. The increase in referrals through court and probation services indicates the beginning of recognition of the problem of alcoholism by judicial personnel. With an improved educational program, referrals from industry should also become greater.

The same comprehensive treatment approach is being maintained for patients registering at the Clinic, with available services including physical examination, laboratory investigation, medical management, social assessment, psychiatric consultation, individual counselling and group sessions. As in the preceeding years, the individual counselling over an extended period is the backbone of the treatment program and the importance of having counselling services available for interested members of patients' families is strongly emphasized.

TABLE III

Interviews at the Clinic	1965	1966
Interviews with patients	1461	2058
Interviews with patients' families	193	192
Miscellaneous interviews	54	32
Total	1708	2282
Group Sessions		
Number of Sessions	19	20
Total Attendance	319	292
Average Attendance	17	15

During the year the Clinic staff conducted a total of 2282 personal interviews. The breakdown of this case load is given in Table III along with the figures for Group Sessions held bi-weekly in the evenings at the Clinic. These Group Sessions consist of lectures, films and discussions on various aspects of alcoholism and are given by Clinic staff members on a rotating basis. Our group program enables the patients to realize that they are a part of a much larger group of people having a common problem and it also serves as a didactic means of educating patients on the subject of their illness, alcoholism.

The Executive Director continues to maintain personal contact with the Alcoholism Unit at the Nova Scotia Hospital by providing courtesy lectures to the patients at that institution on a bi-weekly basis. This is part of the educational lecture program for the alcoholic patients which the Hospital staff feel encourages those patients to seek follow-up treatment after discharge from hospital and should play a role in secondary prevention by decreasing the number of recurrences.

During the year 21 lectures were given at the Hospital by Doctor Snow to a total attendance of 551. Sixty-three patient interviews were conducted following the lectures in order to encourage the patients toward a continuing program of long-term follow-up therapy either at the Foundation's Clinic in Halifax or through existing facilities in other areas of the Province.

LIBRARY

New publications on the subject of alcoholism are regularly being acquired by the Foundation for use by staff members and for loan to individuals on request. Additional copies of books and periodicals are also acquired by the library for regular use by the study groups associated with the field program throughout the Province. The assortment of pamphlet material for distribution to interested individuals has been increased this year and there has been an increased number of requests for this material. Many of the items are suitable for patients' families and the general public, and there are many specific pamphlets and booklets available for distribution to appropriate professional groups. As a means of professional education it is hoped that in the year ahead carefully selected publications for specific groups will be more widely distributed.

During the year 5,432 pieces of literature were distributed on a request basis in this way.

Special packets consisting of a large variety of publications have been made available to all members of the study groups throughout the Province.

The library has a limited number of films available for use in educational programs. During the past year some of the study groups have undertaken to arrange for multiple film showings in their own areas. In this way several showings have been held in Halifax, Sydney, Antigonish, Middleton and Yarmouth. It is expected that this will be expanded since audio-visual presentations are recognized as a most effective means of education.

The library has also acquired some special tape recordings which can be used in the same manner as films for educational purposes.

The Nova Scotia Alcoholism Research Foundation continues as a participating member in the Canadian Foundation on Alcoholism. The Canadian Foundation is supported by a small grant from the Federal Department of National Health and Welfare. This year the First Canadian Conference on Alcoholism was held in Toronto with an excellent program and good attendance through a representation from all the provinces. Doctor H. L. Scammell and Doctor J. M. Snow attended the Annual Meeting of the Canadian Foundation on Alcoholism following this Conference in Toronto. Doctor Scammell was re-appointed as a member of the Board of Directors of the Canadian Foundation on Alcoholism and Doctor Snow was named as a member of the Program Committee. The Program Committee is presently planning for the second Canadian Conference on Alcoholism to be held in Quebec City in 1967. This will again permit workers in the field of alcoholism from across Canada to hear special lectures and discuss problems of mutual interest, with the cost of delegates' attendance being borne by the Canadian Foundation.

The Nova Scotia Alcoholism Research Foundation has maintained membership in the North American Association of Alcoholism Programs resulting in ready access to many publications and studies in the field of alcoholism in both Canada and the United States.

A steadily growing program is anticipated by the Nova Scotia Alcoholism Research Foundation in the fields of research, education, treatment and rehabilitation, along the lines contained in this Annual Report. At present the growth is at a rate with which our staff can function efficiently, but as time goes on it is expected that the need for increased staff will inevitably occur.